

Registration

Early-bird (on or before 2/28/19)

Advance (on or before 3/24/19)

On-site (begins 3/25/19)

PT AOPT Member	\$595	\$645	\$765
PT AOPT Mbr GROUP Discount*	*\$545	N/A	N/A
PT APTA Member	\$645	\$695	\$800
PT Non-APTA Member	\$845	\$895	\$1000
DPT Student, Resident, Fellow, PhD Student AOPT Member	\$265	\$265	\$265
DPT Student, Resident, Fellow, PhD Student APTA Member	\$290	\$290	\$290
DPT Student, Resident, Fellow, PhD Student Non-APTA Member	\$380	\$380	\$380

*AOPT Member Group Discount (\$50 off/person):

≥3 AOPT member registrations from the same facility submitted together (Member Group early-bird rate \$545 expires on 2/28/19). Available only for early-bird registration, and group's registrations must be mailed together as a packet or arranged by phone: 800-444-3982 x 2030.

Educational Credit

The Academy of Orthopaedic Physical Therapy is applying for approval of this course for 14 continuing education hours with State Licensure Boards

Hotel Information:

The 2019 Annual Orthopaedic Meeting will be held at the beautiful award-winning Omni Interlocken Hotel. This beautiful property provides a luxurious retreat between Boulder and Denver. Nestled against the backdrop of the Rocky Mountains, the hotel offers a wealth of on-site experiences.

We are pleased to have secured a discounted rate of \$132.00 single/double for our Annual Orthopaedic Meeting attendees. Please visit the following link to access our room block directly: <https://www.omnihotels.com/hotels/denver-interlocken/meetings/2019-annual-orthopaedic-academy-meeting>. Or, if you prefer to reserve your room via the phone: 888-444-6664 / 303 438-6600.

Be sure to book your guestroom reservation ON OR BEFORE: February 28, 2019 in order to have access to this discounted rate.

Cancellation Policy:

If notification of cancellation is received in writing prior to 3/25/19, the registration fee will be refunded less a 20% administrative fee. *Absolutely no refunds after 3/25/19.*

Additional Questions?

Call toll-free: 800-444-3982 x2030 or visit: www.orthopt.org

The event

Orthopaedic physical therapists treat patients across the lifespan and are committed to enhancing patient's physical and functional performance.

The Academy of Orthopaedic Physical Therapy's 2019 Annual Orthopaedic Meeting will explore this responsibility specifically in the areas of rehabilitation dosing and patient mobility. From recovery after ACL injury and complications after total knee arthroplasty to assessment and training mobility in older adults, the team of experts will integrate best available evidence in hot topic areas and enhance participant learning with exciting and hands on laboratory breakouts.

We invite Physical Therapists, *Residents, Fellows, PhD Students, and DPT students to join us for this exciting meeting!

**See Resident, Fellow, and student attendance requirements on www.orthopt.org.*

Learn from industry professionals

Program Objectives:

At the end of this meeting, you will be able to:

1. Apply progressions on balance, plyometric and strengthening exercises in a comprehensive off-season ACL injury prevention program.
2. Facilitate a field-based (or court-based) primary ACL injury prevention program.
3. Perform clinic-friendly assessments of strength, function, and quality of movement and interpret findings to inform clinical practice.
4. Identify interventions to address high risk movement pattern asymmetries present after ACL reconstruction
5. Gain insight into the prescription and clinical utilization of Blood Flow Restriction
6. Describe the benefits of manual therapy and unique considerations when approaching an artificial joint
7. Identify appropriate measures of mobility for individual cases taking into consideration key issues of purpose, practicality and psychometric properties.
8. Understand and implement stepping tasks and walking patterns to facilitate motor skill and efficiency of walking, to include criteria for dose and progression
9. Generate and explore task-oriented motor learning tasks and activities relative to specific problems of walking, settings or groups of older adults; discuss opportunities to expand the motor skill of walking exercise into clinical and daily life practice.

Academy of Orthopaedic Physical Therapy, APTA, Inc.
2920 East Avenue South, Suite 200 La Crosse, WI 54601



Performance Enhancement Across the Lifespan

2019 Annual Orthopaedic Meeting
April 5 - 6, 2019
Omni Interlocken Resort,
Denver, CO



ACADEMY OF
**ORTHOPAEDIC
PHYSICAL THERAPY**
LEADERS. INNOVATORS. CHANGEMAKERS.

Schedule: Day one

Friday, April 5, 2019

7:45 am – 5:30 pm

On day 1, participants will recognize the key challenges that face adolescents and young adults with ACL injury, recognize the impairments and the best evidence based interventions to mitigate risk and enhance their outcomes, and maximize their protection from re-injury and long term complications.

General Session: 7:45 AM – 10:15 AM

General Session Titles:

- Role of the Physical Therapist in Targeting Risk of ACL Injury
- Population Specific ACL Injury Prevention and Dosing
- From the Clinic to the Field: Maximizing Functional Recovery after ACL Reconstruction
- ACL injury begins with “A” and ends with “OA:” potential to change the outcome begins with you
- Prevention of 2nd ACL injury in your current rehabilitation episode of care: Are we doing enough?

Speakers:

Kevin R. Ford, PhD, FACSM; Jeffrey Taylor, PT, PhD, DPT, OCS, SCS, CSCS; Mark V. Paterno, PT, PhD, MBA, SCS, ATC; Laura C Schmitt, PT, MPT, PhD

Visit www.orthopt.org to view the key topics addressed during this general session

Concurrent Breakout Sessions:

Following the general session on Friday, four concurrent breakout sessions will be offered. The registrant will attend **three out of four** breakout sessions following the morning general session, based on order of preference indicated on the registration form. Note: space is limited, therefore attendee’s breakout sessions are assigned on a first-come, first-serve basis.

Breakout Session 1:

Hands-on Techniques to Provide Screening and Feedback to Reduce Risk of Primary ACL Injury

Kevin R. Ford, PhD, FACSM

Description: Physical therapists have a role to play in targeting primary risk of ACL injury in young athletes. This lecture and lab will provide the physical therapist the knowledge, skills and abilities to quantify risk and design rehabilitative programs for risk reduction for their patients and community members. The breakout will consist of hands-on screening techniques that can be used to analyze quality of movement related to risk of ACL injury. Participants will also learn the components of evidence based comprehensive, off-season injury prevention programs and several progressions of specific exercises.

The use of iPad apps will also be explored in both screening and interventions related to appropriate visual, verbal and external cues to improve quality of movement.

Breakout Session 2:

Exploring the Role of the PT in Field-based Primary ACL Injury Prevention and Rehabilitation Dosing with Wearable Technology

Jeffrey Taylor, PT, PhD, DPT, OCS, SCS, CSCS

Description: ACL injury prevention should be population specific to insure that the unique needs of the individual are addressed. Therapists will learn to address influencing factors (e.g., age, sex, sport specifics) in their program planning. The breakout session will focus on the role of the physical therapist in the primary prevention of ACL injury. Participants will learn how to facilitate field- or court-based neuromuscular training programs and discuss methods to modify current programs for sport- and age-specific populations. Additionally, the use of wearable technology as a means of dosing will be explored in both prevention and rehabilitation paradigms.

Breakout Session 3:

Objectively-informed Decision-making to Maximize Functional Recovery

Laura C Schmitt, PT, MPT, PhD

Description: Objective-based physical impairment and outcome instruments are standardized measures of body structure or function, activity limitation, or participation restriction. These instruments provide information by which physical therapists can plan, guide, and modify a plan of care; as well as evaluate the results of care and impact on the patient. This breakout will focus on incorporating objective measures throughout the plan of care to inform rehabilitation progression and clinical decision-making. Objective measures will cover strength measures, patient-reported measures, measures of functional performance, and quality of movement assessments. Participants will participate in hands-on testing and case-based decision-making.

Breakout Session 4:

Targeted Rehabilitation to Reduce 2nd ACL Injury: Addressing Risk Factors at all Phase of Rehabilitation

Mark V. Paterno, PT, PhD, MBA, SCS, ATC

Description: Prevention of a 2nd ACL injury is paramount after ACL reconstruction. Physical therapists have the opportunity to incorporate rehabilitation techniques aimed at prevention of the next injury during initial recovery phases. Learning critical components to incorporate into post-operative training will help maximize the long term outcome for young athletes after ACL injury. The breakout will focus on techniques designed to target known risk factors for 2nd ACL injury after ACL reconstruction and return to sport at all phases of the rehabilitation process. Specifically, participants will participate in case based treatment decision making with interventions focused on addressing early phase impairments, impairments that persist through phases of rehabilitation and abnormal, high-risk movement patterns.

Bonus Session: 4:30 pm - 5:30 pm
(details on back of brochure)

Networking Reception: 5:30 – 7:30 PM

Schedule: Day two

Saturday, April 6, 2019

8:00 am – 4:30 pm

On day 2, the unique role of blood flow restriction as an innovative exercise approach will be explored from the acute post-operative time period through the inevitable sarcopenia in geriatrics. The treating therapist will be inspired to enhance mobility of their older adult patients, rediscover how to evaluate and re-design mobility enhancing rehabilitation programs. The participants will also gain the knowledge and manual therapy skills to maximize mobility after total knee arthroplasty.

This 2-day event will inspire therapists to question what they do and embrace what can be done as we enhance patient performance across the lifespan!

General Session: 8:00 am – 10:30 am

General Session Titles:

- Performance Enhancement Using Blood Flow Restriction Training: From Athletes to Older Adults with Sarcopenia
- Challenges, Clinical Reasoning, and Innovations in Total Knee Arthroplasty
- The Older Adult: How to Guide for Mobility Assessment and Advanced Clinical Decision Making
- Task-oriented Motor Learning Approach to Walking: From Athletes to Older Adults, the Aim is Expert Movers

Speakers:

Johnny Owens, MPT; Michael Bade, PT, DPT, PhD, OCS, FAAOMPT; Jennifer Brach, PT, PhD; Jessie VanSwearingen, PT, PhD, FAPTA

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Breakout Session 5:

Clinical Application of Blood Flow Restriction Exercise Lessons Learned from the Lab

Johnny Owens, MPT

Description: Blood Flow Restriction (BFR) has the ability to generate strength gains at lower loads than traditional exercise. The lecture will review what we know about the role of BFR in strength gains and look ahead at where the field is going. The lab will focus on the hands on application of Blood Flow Restriction (BFR) for clinical applications. It will focus on tourniquet application and safety, determining Limb Occlusion Pressure (LOP) to personalize pressure to patients and rehabilitative exercises with BFR. Clinical progressions from prehabilitation to immediate post-operative and chronic applications will be discussed.

Breakout Session 6:

Key Manual Therapy Techniques and Strategies for Maximizing Movement after Total Knee Arthroplasty

Michael Bade, PT, DPT, PhD, OCS, FAAOMPT

Description: Have you ever been frustrated by your patient's progress with range of motion or wondered how to speed recovery of mobility following total knee arthroplasty? Have you ever wondered how you should modify your manual therapy approach to an artificial joint? During this session you will have the chance to learn and apply key manual therapy techniques for individuals after total knee arthroplasty and how to maximize benefits from your sessions with proper dosing and exercise selection.

Breakout Session 7:

Measuring Mobility Goes beyond Gait Speed: Get Up and Do it!

Jennifer Brach, PT, PhD

Description: In this session, we will review key measures of mobility. Participants will be given the opportunity to perform/administer the tests/measures. Using a series of cases – participants will be asked to identify appropriate measures, to summarize their findings and explain how the findings can be used to guide clinical practice.

Breakout Session 8:

Science and Practice – How to Restore the Motor Skill of Walking from Both Sides of the Street

Jessie VanSwearingen, PT, PhD, FAPTA

Description: Let’s walk; how to approach the recovery of the neural control of walking in an older person who once was an expert in the motor skill of walking. Illustrate how principles of motor learning (position, defined goal, accurate practice, reward) translate into motor task stepping and walking patterns and activities to facilitate a mission to restore automaticity and efficiency to walking. The session allows participants to learn it, see it, do it, and maybe even create it – the street to walking expertise.

// DON'T MISS OUR BONUS SESSION //

Friday April 5, 4:30 pm - 5:30 pm:

“Eureka Hour”

The last program of the day on Friday will be a hot off the presses, evidence rapid fire “5 slides in 5 minutes” session! Plan to stick around for these research presentations and a Q&A wrap-up before our networking reception. Come join the dialogue!